on the second day a well defined rash, which is very irritable. It is as well to be on the lookout for this as it has been mistaken for erysipelas.

It is most important to impress on all your helpers in a military hospital the importance of detecting and reporting a rash at once. It may be typhus, typhoid, cerobrospinal fever, or anything, from measles to smallpox; on the other hand it may be nothing but "trench-rash," which nevertheless needs dealing with drastically.

Illustrating the necessity of using what you have when you cannot get what you want, we found the open-wove bandages, when cut into short lengths and sterilized, made an excellent substitute for gauze. In longer lengths loosely rolled, they made a convenient dressing to wrap round a leg or arm. Of course old linen can be used too, but there is no end to the things you can use if, as the small child said, "your intelligence is working."

It is possible that no two persons have the same experiences at the front, but to each comes the work of serving those who had no thought for their lives, and were ready to "do their bit" to serve their country. Their ungrudging service calls out our worthiest ministrations.

A BRIEF HISTORY OF MATERIA MEDICA

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(*Continued from page 734*)

Dr. Sydenham. Another man who did much to aid the advance in medical methods was Dr. Sydenham, an English doctor, who is sometimes called the English Hippocrates. In his lifetime he acquired no great fame but later generations recognized the extent of his influence and his name is now a preëminent one in medical history. Dr. Sydenham went even farther than Hippocrates in his faith in Nature's power to heal herself. His ideas were slowly disseminated as is shown by a statement in a cook-book published in London in 1781, one hundred years later. Under the heading, Care of Wounds, is this statement: "Mankind in general believes in herbs, ointments, and plasters. It is a fact, however, that nothing avails except keeping the parts soft, clean, and defending them from the air. It is Nature alone that cures wounds." Then follow directions for cleansing the foreign matter from the wound. Dr. Sydenham used and advocated little medicine, but plenty of common sense. Many stories are told of his unique methods of treating his patients. A man had long been suffering from melancholia, and Dr. Sydenham told him he could not help him further but would intro-

duce him to a Dr. Robertson of Inverness who was a specialist in his disease. The man took the journey with great hopes, which were, however, short-lived. He found no Dr. Robertson located in Inverness, and none could remember that there ever had been one. Back he went, raging, at Dr. Sydenham. "Well," he was told by this doctor, "you are cured of your trouble anyway, for your hopes in going and your rage at me on returning have given you the necessary diversion." John Locke, the philosopher and physician, was a friend of Dr. Sydenham, and Locke's influence is thought to have been instrumental in getting the medical profession out of the deep ruts in which it had been running for so many centuries.

Homeopathy. In the eighteenth century following Dr. Sydenham, there were two events which greatly affected materia medica. One was the rise of homeopathy through a Dr. Hahnemann of Dresden. In his study he decided it was hopeless to effect cures under the prevailing methods and declared that curing by contraries, which he named Allopathy, was wrong. He believed that medicines should be given which create a condition similar to the disease, a method which he called homeopathy. His belief was that medicines are only palliative at best, and the less they are given the better. He said "I recognize no one as my follower but him who gives medicine in so small doses as to preclude the perception of anything medicinal in them, by means either of the senses or of chemistry." He prescribed some pellets that were to be held near a young infant when sleeping. Of course Hahnemann was extreme and does not represent homeopathy as it is today, but his influence was most beneficial in counteracting the custom of wholesale drug giving, and showing that disease tends to recovery without medical interference.

Pharmacology. Equally important with Hahnemann's new method in the eighteenth century was the rise of the new science of pharmacology, the study of the action of drugs by animal experimentation. The first work in this science was to prove that drugs affect specific organs and tissues of the body. The first absolute data of this sort of which we have record were obtained in 1765, about one hundred and fifty years ago, and now no drug is given intelligently unless these special data are known. In 1776, Daries, a student of Leipsiz, experimented on cats and on himself until he nearly killed himself and showed for the first time the reason for the mydriatic effect of belladonna. In 1809, Magendie, a French physiologist, showed that strychnine-bearing plants affect the spinal cord. The first pharmacological laboratory was established in Germany about 1850.

The progress in medicine in the nineteenth century was phenome-

nal, but was due largely to improvements in methods of investigation and diagnosis and to more precise instruments in the laboratories and in practice. Improved microscopes made possible the science of bacteriology and the discovery of phagocytes, opening up a wide field of definite knowledge as to the causation and cure of diseases. Appliances for examination of the blood and the urine made possible more accurate diagnoses. One writer has said that the nineteenth century taught doctors more of what not to do, as it abolished the absurd practices of bleeding and purging and the disgusting and senseless remedies.

Discovery of Alkaloids. In 1805, an obscure apothecary in Germany, named Seturner, first isolated an alkaloid, morphine. His discovery is considered one of the greatest of the nineteenth century. As his method of separating the alkaloid is essentially the same as that used today, and as such alkaloids as strychnine, quinine, atropine, and morphine are of vital importance to modern medicine, his name may well be called great.

About 1890, there was a movement called Nihilism, which advocated the abolition of all drugs. This represented the extreme elements in the profession, but from that time the sentiment has fast grown that drugging is no longer the chief function of the doctors. There is now in process of formation a new school of medicine which has a firm faith in a few well-tried drugs, such as quinine, iron, mercury, opium, digitalis; and little or no faith in most of the others.

So the increased knowledge of drugs has brought two results, an aversion to their indiscriminate use and an increased confidence in their powers when in the hands of practitioners who understand their properties. The tendency at the present time is toward the use of fewer drugs with a better understanding of their action.

CLOUDCROFT BABY SANITARIUM

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Cloudcroft is a reservation owned by the El Paso Southwestern Railroad and is situated on the top of the Sacramento Mountains. It is twenty-five miles from the Mescalero Indian reservation and is one of the most beautiful places in the United States. It is 9000 feet in altitude and to reach it one must ride twenty-six miles, steadily climbing around and up the mountains. The views are marvelous, with the pines, some of which are 300 feet high; aspens growing almost as tall; flowers of every variety and hue; the air sweetly laden with the odor of